Are you age 65 or older?

The Pneumococcal Vaccine (Pneumonia Shot) is for YOU

WHY should I get the pneumonia shot?

- Pneumococcal disease is a bacterial illness that can cause serious sickness and death. It is one of the leading causes of death in the United States.

- Older adults are more likely to suffer complications from the disease.

- The shot is safe and getting vaccinated can prevent pneumococcal disease.

- The shot does not make you sick.

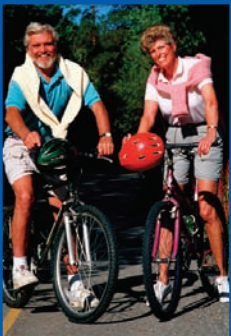## WHO should get the pneumonia shot?

- All adults aged 65 or older

WHEN can I get the pneumonia shot?

- You can get the shot any time of the year.

- It can be received at the same time as the influenza (flu) vaccine.

- Most often you only need one shot for a lifetime. A booster may be required for some people who received the shot prior to turning 65.

WHERE do I get the pneumonia shot?

- The shot is free to enrolled Army beneficiaries 65 years old and older visiting a Military Treatment Facility.

- Medicare will pay for the shot for TRICARE beneficiaries who have Medicare Part B coverage and who receive the shot from a civilian provider.

HOW can I prevent pneumococcal disease?

- If you're 65 years old or older, be vaccinated.

- Those under 65 years old who have lung, heart, liver or kidneys problems or diseases like diabetes, Sickle Cell, alcoholism, and HIV/AIDS need to be vaccinated.

- Practice good oral hygiene, especially adults who are hospitalized or live in long term care facilities.

ASK your provider about the pneumonia shot today!

For additional information about pneumococcal disease and the vaccine contact the Centers for Disease Control and Prevention:

1-800-232-4636 *or* http://www.CDC.gov/nip/menus/vaccines.htm